

STELLAR *Life*

Hosted By *Orion*

The Optimized Geek

10 Point Checklist

Stpehan Spencer

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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"Knowledge is power. Always be learning, optimizing and up-leveling in every aspect of your life."

STEPHAN SPENCER

10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- Strengthen and nurture your spirituality by exploring different teachings that can give light to your true purpose and teach you how to be a better person.
- Help people with true intention and not because you want to get something out of it in return but because you simply want to help and share my blessings.
- Understand that being vulnerable is not a sign of weakness and that your ego is separate from your true self. The real you is revealed when you peel back all my layers, raw & exposed.
- Explore Gary Chapman's 5 Love Languages and learn you and your partner's primary love language so you can be more intentional in your connections.
- Study the teachings of Alison Armstrong to get an insight into whether your partner's hurt is coming from a feminine or masculine side to better understand how to respond appropriately.
- Improve your relationship by showing appreciation and focusing on the good through techniques like Imago Therapy.
- Get your hormones tested to see if you need to take hormone boosting supplements to be more vital, feel stronger and be more present, powerful, and capable.
- Own your body by working out and going to the gym or hiring a personal trainer and experimenting with different techniques that work best for your body type.
- Look into different biohacking techniques and explore the teachings of Dave Asprey and the Bulletproof movement.
- Have a morning ritual to get in the right mindset to start your day. You can learn more about this technique with Hal Elrod's Miracle Morning.